







# DECEMBER 2018

National City George H Waters  
**AT THE TOWERS**  
 1415 "D" Avenue- National City, CA 91950  
 (619) 336-6752



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3) CHICKEN TENDERS</b>  FRENCH FRIES GLAZED CARROTS AMBROSIA SALAD BISCUIT MILK / JUICE	<b>4) SPAGHETTI &amp; MEATSAUCE</b>  ITALIAN BLEND CAESAR SALAD FRESH PEACH CHEESY GARLIC STICKS MILK	<b>5) BEEF FRITTER</b>  STEAK FRIES CALIFORNIA BLEND GARDEN PASTA SALAD WATERMELON CORN BREAD MILK	<b>6) SLOW COOKED HAM W/FRUIT SAUCE</b>  SAFFRON RICE PEAS & CARROTS PICKLED BEET SALAD ORANGE SMILES MILK	<b>7) CATCH OF THE DAY</b> LONG GRAIN & WILD RICE CARROTS & PARSNIPS GARDEN SALAD STRAWBERRY SHORTCAKE MILK
<b>10) BRAISED BEEF W/ MUSHROOM GRAVY</b>  BAKED POTATO SCANDINAVIAN VEGGIES SPINACH SALAD APPLE TART BISCUIT MILK	<b>11) PORK CHOP W/ DEMI GLAZE</b>  AU-GRATIN POTATOES BRUSSELS SPROUTS TOSSED SALAD PEACHES & ICE CREAM RYE BREAD MILK	<b>12) BEEF &amp; CHEESE ENCHILADA</b>  SPANISH RICE & BEANS MEXICALI BLEND CUCUMBER SALAD MELON BALLS MILK	<b>13) BRAISED BEEF TIPS</b>  NOODLES ITALIAN PEAS BLT SALAD FRESH STRAWBERRIES MILK	<b>14) CATCH OF THE DAY</b>  SCALLOPED POTATOES FRIED CABBAGE CARROT SALAD PINEAPPLE CUP W/ COCONUT DINNER ROLL MILK
<b>17) AMERICAN CHICKEN LASAGNA</b>  STEAMED BROCCOLI SPINACH SALAD APRICOT PARFAIT GARLIC BREAD STIX MILK	<b>18) SALSBUURY STEAK</b>  BAKED POTATOES LIMA BEANS TOSSED GREENS CHERRY TART CORN BREAD MILK	<b>19) CHICKEN &amp; RIB PATTY</b>  BROWN RICE MIXED VEGETABLES FRUIT SALAD LEMON CAKE MILK	<b>20) OLD FASHIONED TURKEY DINNER</b>  CANDIED YAMS GREEN BEANS ALMONDINE CRANBERRY ORANGE NUT SALAD PUMPKIN CAKE MILK	<b>21) CATCH OF THE DAY</b>  SPANISH RICE ZUCCHINI & CORN JICAMA SLAW MANGO MIXX MILK
<b>24) CHRISTMAS EVE CLOSED</b>  	<b>25) CHRISTMAS DAY CLOSED</b>  	<b>26) MAPLE MUSTARD ROAST CHICKEN DINNER</b>  OVEN BROWNED POTATOES CARROTS & BROCCOLI TOSSED SALAD APPLE CRISP WHEAT ROLL MILK	<b>27) BEEF BRISKET</b>  ORIENTAL ALMOND RICE STEAMED CAULIFLOWER ORCHID SALAD MANDARIN ORANGE CUP MILK	<b>28) CATCH OF THE DAY</b>  SAFFRON RICE ASIAN STYLE VEGGIES PICO DE GALLO HONEYDEW & CANTALOUPE MILK / JUICE
<b>31) CLOSED NEW YEAR'S EVE</b>  	<b>31) CLOSED</b>  	<b>ENTERTAINMENT</b>  RIKACHA 12/ 14/18	Menu Subject To Change Without Notice Alternative Meal Option Available Daily Inquire at Front Desk	Suggested Contribution \$3.50 Senior Adults (60+) <b>NON-Senior FEE \$6.00</b> paid at front desk Lunch Hours 11:00 A.M. – 12:30P.M

THE GEORGE H. WATERS NUTRITION PROGRAMS ARE SUPPORTED BY OLDER AMERICAN'S ACT FUNDS AWARDED BY THE COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY, AGING & INDEPENDENCE SERVICES (AIS) ADDITIONAL FUNDING COMES FROM THE CITY OF NATIONAL CITY AND SENIOR CONTRIBUTIONS. PEOPLE ELIGIBLE FOR PARTICIPATION IN THE SENIOR NUTRITION PROGRAMS AS DEFINED BY THE OLDER AMERICAN'S ACT, ARE 60 YEARS OF AGE OR OLDER. ELIGIBILITY IS THE SAME FOR ALL WITHOUT REGARD TO

RACE, COLOR, NATIONAL ORIGIN, SEX OR HANDICAP.

